



Top 9 List Volume III

Now that you are armed with knowledge about heart health, here is a list of 9 action steps at all levels of society that you can take to make a difference in the health of Hoosier women:

Individual Level

1. Know your numbers. Visit your doctor for a yearly check-up and be aware of your cholesterol levels, blood pressure, and other indicators of heart health.
2. Commit to improving your own heart health by doing at least one of the following:
 - Increasing physical activity;
 - Eating a more balanced, healthier diet;
 - Eliminating tobacco;
 - Managing stress more effectively.
3. Learn the early warning signs of a heart attack, especially those more common for women.

Interpersonal Level

4. Have a heart to heart with 9 women in your life. Share the INFLUence message and ask them to complete the call to action as well.
5. Be a role model for heart-healthy living for your friends and family. Share your successes and challenges, giving and receiving support and inspiration.

Organizational Level

6. Implement at least one heart-healthy policy or program in your organization. Make healthy eating, physical activity, and smoking cessation the easiest choice in your school, neighborhood, worksite, faith-based or community organization.

Community/County Level

7. Host a local INFLUence forum to empower women in your community to positively impact heart health.
8. Form or join a local coalition to advocate for and coordinate community efforts to create a healthier environment.

Society/State Level

9. Maintain a network to coordinate statewide efforts aimed at increasing awareness of gender differences, improving policy, and leveraging funds for heart health promotion in Indiana.

"Thank you for taking action that will protect Hoosier women, their families, and generations to come from the devastating effects of heart disease."

For a Healthier Tomorrow,

Judy Monroe, MD
State health Commissioner